Steak Beef and Noodles *

* This dish can be easily made with gluten free noodles.

Beef and noodles was one of the first dishes I truly learned to make in college. It wasn't out of a box. I knew this was one meal I'd miss when I learned to live gluten free. Thankfully, gluten free noodles are now easy to find, and I can now have an old favorite a few times a year. This is an easy dish to make and can be made with left over steak. Mushroom soup can be used as a gravy on this dish, along with sides of peas and carrots. The steaks can be grilled, baked, or fried.

Pre Cook Preparation:
- Marinate: No
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with the food

Meal Adaptations:

Physical Accommodations:
- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:
- Colored chopping boards

Potential Food Allergy or Intolerance:
- Beef
- Pepper
- Mushrooms
- Mushroom Soup (may contain gluten)
- Spices

Meatless Preparation Avoid:
- Beef
- Substitute with: _____

Utensils:

- Cutting board
- Fork
- Pot holders
- Steak knife
- Pan: Four 2+ quart pans

Ingredients:

Meat: Choose a 2 pound package of:

- Cubed steak or
- Stew beef chopped into bite sized pieces

Vegetables:

- 15 ounces of carrots
- 15 ounces of peas

Other ingredients:

- Mushroom soup (gluten free)
- 1 package of noodles (gluten free)
- Dash of salt
- Spices such as pepper to taste
- 2 tablespoons vegetable oil

Preparation time: 10 minutes

Preparation:

Noodles:

1. Bring water to a boil in a sauce pan for gluten free noodles.
2. Add noodles, and stir frequently.
3. Drain well.

Meat:

1. Slice meat into bite sized pieces.
2. Add a few drops of vegetable or canola oil to a frying pan.
3. Cook the cubed steak or beef stew bits. (About 20 minutes)

Vegetables:

1. Cook peas and carrots in a pan on the stove for about 30 minutes.
2. Heat the mushroom soup until warm.

Combine:

1. **Place the noodles on a plate.**
2. **Add the peas and carrots.**
3. **Place the beef bits on top.**
4. **Pour mushroom soup over top of beef bits.**

Cook Temperature: Medium heat

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.